

How to Earn Points

Yellow cells should calculate automatically

Place points in each cell if appropriate								Point Criteria	
Quit Tobacco	M	T	W	T	F	S	S	Points	Quit Tobacco - 30 points weekly max
Choose Your Activity: • Option 1 - Learn • Option 2 - Manage Stress • Option 3 - Tame Your Triggers • Option 4 - Seek Support • Option 5 - Healthy Living • Option 6 - Smoke Free Environments • Option 7 - Review Resources • Option 8 - Get Ready • Option 9 - Relapse Prevention									25 points for 2 activities within one option, 25 points weekly max
Weekly Bonus Activity									
Stress Less									Stress Less - 7 points weekly max
Stress reduction for 15min.									1 point daily
General Health	M	T	W	T	F	S	S		General Health - 21 points weekly max
Floss & Brush									1 point daily
Slept 7+ Hours									1 point daily
8-8oz glass of water									1 point daily
									Worksite Health Promotion - 5 points weekly max
Worksite Health Promotion									5 points weekly
When the week is finished, report this total score to your Team Captain:								0	